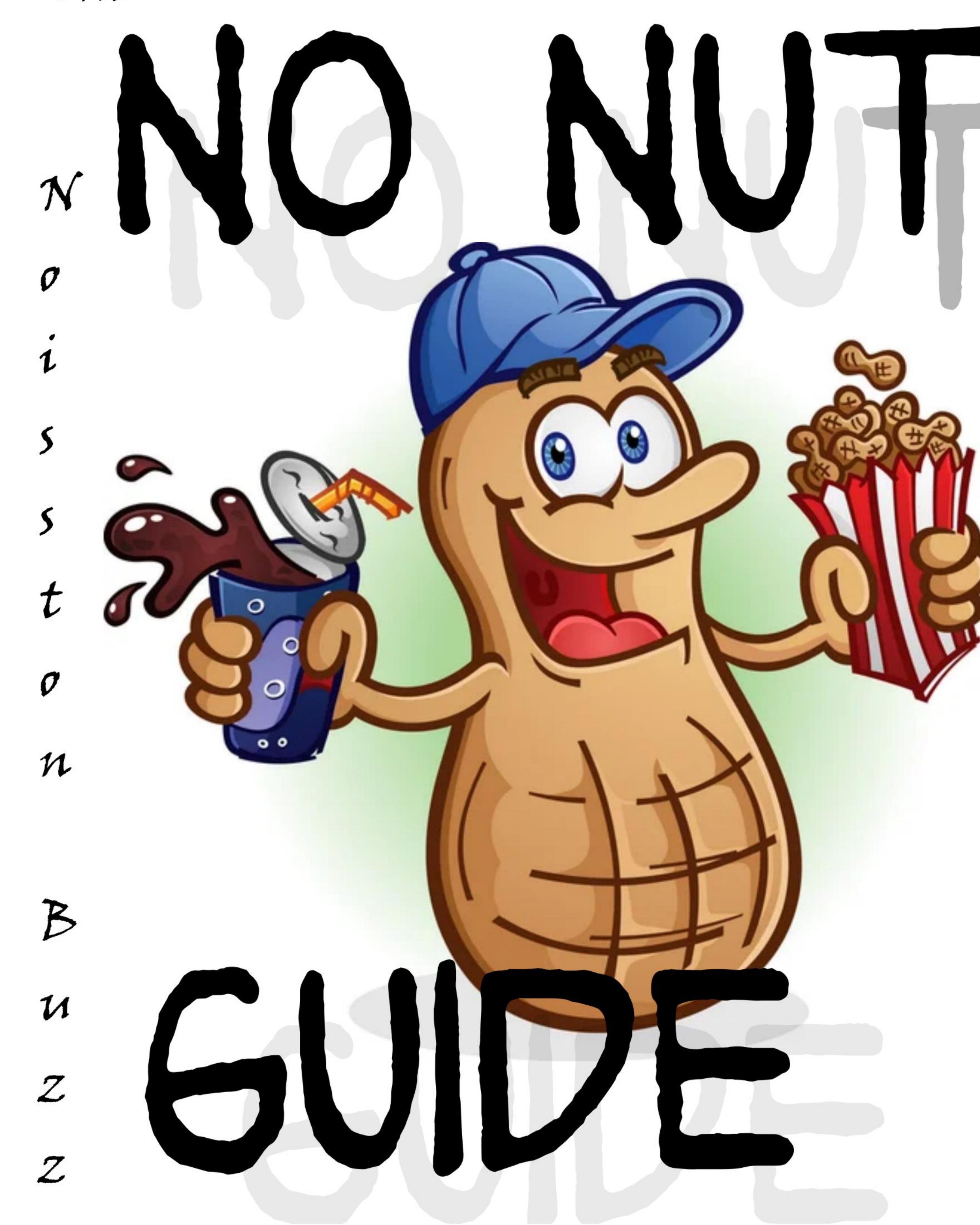

NO NUT
GUIDE
Noisston Buzz

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ISBN:

THE DISCOVERY OF

THE FULL IDEA BEHIND THE TERSE KEYS IN THE PAGES AHEAD DEPENDS ON RESEARCH. RESEARCH THE WORLD'S BOOKS. OBSERVE OWN INNER.

THE
KEYS TO
NO NUT

#1

BEFORE TAKING UP AN ENDEAVOR,

ONE NEEDS TO IDENTIFY THE PURPOSE AND THUS ESTABLISH DEEPLY THE MOTIVATION.

NO NUTT BOOSTS SELF ESTEEM, INCREASES JOYOUSNESS, BRINGS A SENSE OF PHYSICAL STRENGTH AND MENTAL CLARITY.

#2

THERE IS A FOUNDATION ON WHICH WHATEVER

PHENOMENO
N APPEARS,
APPEARS.

NO NUTT HAS ITS
FOUNDATION.

THE OPPOSITE OF NO

NUTT HAS ITS FOUNDATION.

RESEARCH.

OBSERVE. DO YOU FIND THE WHYS?

#3

THE INPUT INTO A

HUMAN
BRAIN
SYSTEM
DEFINES IN
A GREAT

PART THE OUTPUT.

WHAT INPUT ARE YOU GIVING YOUR BRAIN?

#4

FOOD IS IN GREAT PART AN INPUT FOR

THE BODY
AND THE
BRAIN.
WHAT
HAPPENS

WHEN YOU
EAT
OVERTLY
SPICY
FOODS?
DECOHERENCE.

WHAT

HAPPENS

WHEN ONE

HAS GOOD

FOOD

PREPARED
WITH
GENTLE
HERBS?
STABILIZATION.

DO FOOD AND THE ELEMENTS, FIRE, AIR, WATER,

EARTH HAVE A PARALLEL?

ABSENCE OF RED MEAT IS OFTEN ABSENCE OF FIRE. TOO MUCH OF FIRE IS ALSO OFTEN NOT OF ANY GOOD.

WHAT

HAPPENS

WHEN

THERE ARE

SUGAR

SPIKES? A DISORGANIZED BODY AND BRAIN.

WHAT HAPPENS WHEN GOOD

FATS ARE ADDED TO GOOD FOOD, LOWERING ITS

GLYCEMIC INDEX?

STABILIZATION OF ENERGY.

#5

THE INNER TRUE SELF PUSHES ONE INTO ACTIVITY OF

A NATURE THAT IS GOOD FOR ONESELF AND THE WORLD.

EVERYBODY HAS THEIR OWN UNIQUE WISH TO STUDY

AND EXPLORE DIFFERENT FIELDS OF KNOWLEDGE.

EVERYBODY HAS THEIR URGE TO A UNIQUE FORM OF ACTIVITY IN THE WORLD.

FOR A MONK, THAT IS

MEDITATION.

FOR AN ADVENTURER, IT IS ADVENTURING.

FOR A RESEARCHER, IT IS STUDY.

AND FROM PHASE TO

PHASE, IT DIFFERS IN AN INDIVIDUAL.

FOLLOW THAT INNER WISDOM.

GOOD ACTION IS EVOLUTION OF INNER ENERGY.

#6

A GOOD JOY TAKES ONE NEARER THE ORIGIN OF ALL JOYS.

A JOYOUS AWARENESS

IS FREE OF STRONG INFLUENCE BY EXTERNAL FACTORS.

HOW DO YOU BUILD JOYS IN YOUR WORLD?



FORM A SIMPLE BUT SYSTEMATIC PLAN

#7

GOOD FRIENDSHIPS AND AN ATTITUDE OF

GOOD FRIENDSHIP TOWARDS

IMMEDIATE FRIENDS, BUILDS INNER STRENGTHS.

#8

AT OTHER TIMES,

AVOIDING THE WORLD, AND ALOOFNESS WORKS.

#9

SUNLIGHT IS POWERFUL IN DESTROYIN

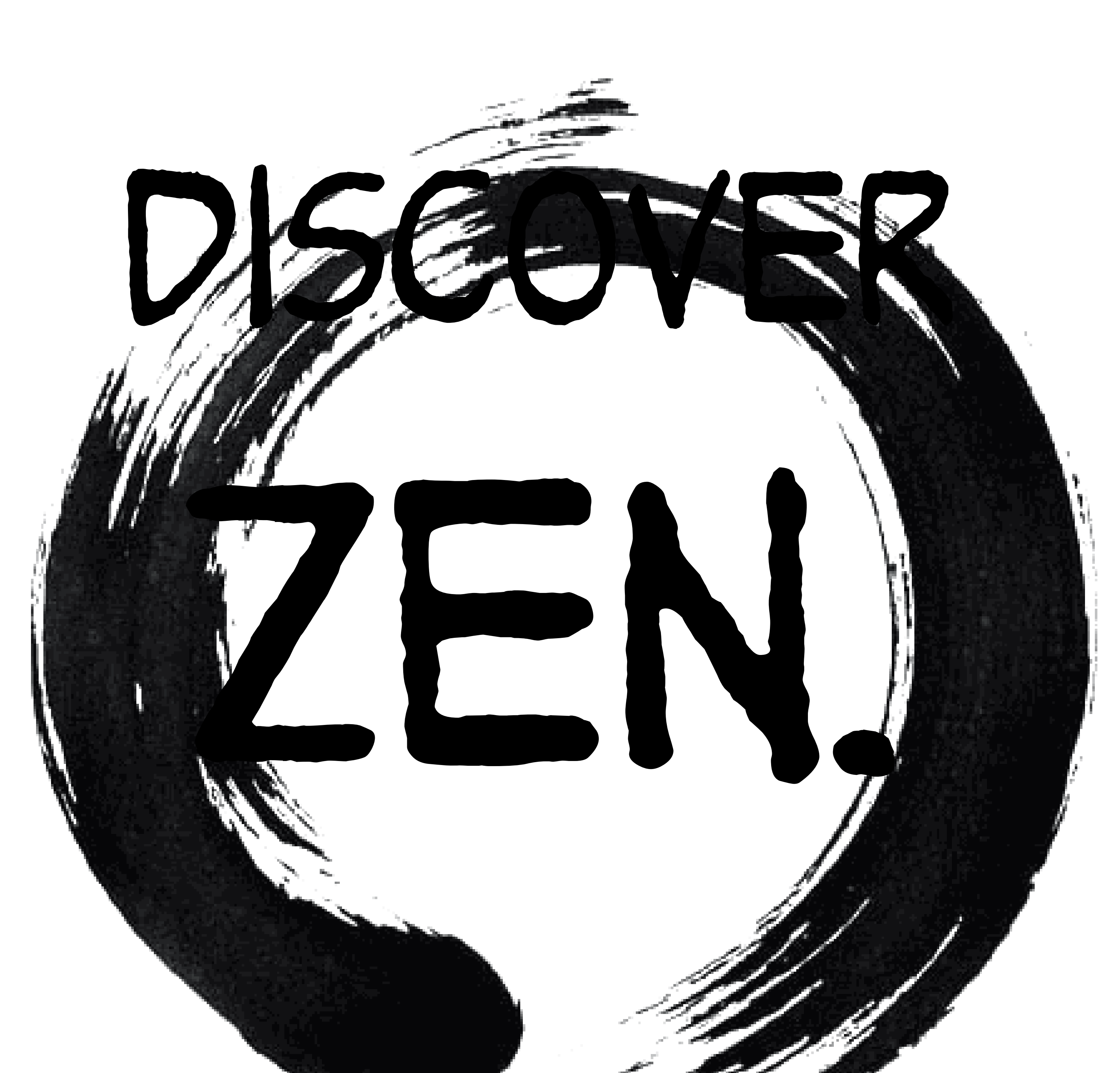
6 ALL NEGATIVITIES.

STAND IN THE SUN, VISUALIZE OR IMAGINE

THE **LIGHT** AS

FILLING BOTH THE INNER AND THE OUTER.

#10



DISCOVER ZA-ZEN.

DISCOVER THE WAY OF BREATH

ING INTO OWN LOWER ABDOMEN, OR HARA, IN ZEN.

BREATH

IS AN

ANCHOR

THAT IS

ALWAYS THERE.

THE BREATH IS..

BEYOND THOUGHTS.

#11

TRUST YOURSELF,

THE DEEPER FEELING, AND OWN REASON.

BE OPEN
TO NEW
IDEAS, AND
REASONING.

#12

NUTRITION DETERMINES THE STATE OF THE BRAIN.

ENSURE GOOD, BALANCED NUTRITION.

DO NOT
OVERDOSE OR
UNDERDOSE
DAILY
VITAMINS.

#13

READING IS A FORM

OF

EVOLVING

ONE'S

ENERGIES.

READ A PAGE OR TWO DAILY, WITH A DEEP SENSE. PAUSE.

PONDER. READ.

ANY GOOD BOOK THAT BRINGS OUT GOOD IDEAS WITHIN YOU, AND THAT WHICH YOU FIND JOYOUS TO

STUDY OR READ.

#14

NO EDGING. THE

AWARENESS
IS WHERE ALL
ACTION
STARTS.
EDGE NOT
IN THE

WRONG DIRECTION.

#15

BEWARE OF PSYCHOLOGICAL DOWNS.

IDENTIFYING WITH A DOWN LEADS TO A DOWN;

IDENTIFYIN G WITH A DEEP

SENSE

AND JOY,

TO A JOY.

#16

HOLD A CLEAR ENVIRONMENT AND SPACE.

OWN LIVING SPACE AND SURROUNDINGS ARE CONSTANT VISUAL INPUT.

GET RID

OF THE UNESSEN TIAL, KEEP THE ENVIRONMEN

T CLEAN AND CLEAR.

#17

GREAT
ER

ENDEA

VORS

SUCCEED

OVER

TIME AND

WITH WHAT IS

USUALLY

DIRECTED,

STEADY,

REASONED,

EASY

EFFORT.

THUS,

PRACTICE

BOTH

EASE, AND

THE

VIRTUE OF

INFINITE,

JOYOUS,

EASY

PATIENCE!

THE END

THE EBOOK

IS DISTRIBUTED FREE OF COST AND THE ONLY DEMAND ON

THE

READER

IS TO

SHARE THE BOOK WIDELY, IF THE READER HAS FOUND IT TO BENEFIT

ONESELF!